

WHAT IS MOST IMPORTANT?

You and your family may have questions and concerns when considering treatment option, surgery, medication change or other medical intervention.

These questions may help you, your family and your providers think through an intervention:

- What is most important regarding my quality of life?
- How will this treatment affect my quality of life?
- What is likely to happen without this treatment?
- How will this treatment change my prognosis?
- Are there other options I should consider that might have the same outcome but with a different approach?

TAKING CARE OF YOU: SELF-CARE FOR CAREGIVERS

Caring for yourself is one of the most important things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

- Let relatives, friends, neighbors and volunteers help. Someone can help with child care, care for your pets or help with household chores.
- Take breaks. Make time for yourself each day, even if only for a few minutes. Have a relative or friend come stay at the bedside while you take time for yourself.
- Identify and acknowledge your feelings – they are all valid! Seek supportive counseling when you need it, or talk to a trusted social worker, friend or pastor.

“They were awesome. [The team] was really good and provided lots of resources.”

– K.K., Patient

KAPI’OLANI PALLIATIVE CARE TEAM

Dedicated to improving symptoms and quality of life in patients with serious illnesses.

Medical Director

Hsuan-hsiu Annie Chen, MD

Attending Physician

Jasmin Jensen, MD

Perinatal Palliative Care Specialist

Kandie George, MD

Social Worker

Mychal Hatae, LCSW, ACHP-SW

Chaplain

Utufa’asili McDermott

CONTACT US

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For more information, visit:

Kapiolani.org

**HAWAI’I
PACIFIC
HEALTH**

**KAPI’OLANI
MEDICAL CENTER**
FOR WOMEN & CHILDREN



CREATING A HEALTHIER HAWAI’I

For urgent matters or after hours, call the hospital operator and ask for the palliative care clinician on call:

808-983-6000

KAPI’OLANI PALLIATIVE CARE SERVICE



Our team of experts provide an extra layer of support at any stage of a serious illness to meet your unique needs.

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What Is Palliative Care?

Palliative care is specialized medical care for patients living with serious illnesses such as cancers, genetic disorders, neurologic disorders, heart and lung conditions, and more. We support the treatment of the underlying illness while striving for optimal quality of life. Through a patient-centered approach, we promote healing and comfort for you and your family.

A TEAM APPROACH TO CARE

- We are a team of specially trained physicians, advanced practice nurses, social workers and chaplains. We work closely with child life specialists, behavioral health specialists, integrative medicine providers and many others.
- We do not replace any of your primary or specialty providers. We partner with your health care teams to provide an extra layer of support.
- We make comprehensive assessments and develop individualized care plans to meet your physical, psychological, social and/or spiritual needs.



Palliative Care Focuses on the Unique Needs of You and Your Family

GETTING PALLIATIVE CARE IS EASY

- Palliative care is available to patients of any age who are living with a complex, serious and/or life-threatening condition. Palliative care is most effective when started early in the course of the illness.
- Patients, families or any care team member can request a palliative care consultation. Your health care teams may also recommend a consultation.

HOW DOES PALLIATIVE CARE HELP?

- Optimizes control of symptoms such as pain, shortness of breath, fatigue, nausea, and sleep and mood disturbances
- Provides holistic support to the entire family to help address family dynamics, sibling issues, school interactions and spiritual concerns
- Facilitates communication between you, your family and the health care teams
- Helps you navigate complex treatment choices and medical decisions
- Develops a comprehensive care plan that aligns with your values, traditions and goals
- Improves coordination of care across settings

"I was impressed and grateful for them. They were supportive, loving, compassionate and patient. Spectacular!"

– S.P., Patient's mother



WHAT IS THE DIFFERENCE BETWEEN PALLIATIVE AND HOSPICE CARE?

- Palliative care is based on need, not prognosis. It can be provided together with curative treatments.
- Palliative care is appropriate at any age and at any stage of a serious illness.
- Hospice care is provided to patients with a prognosis of six months or less and focuses primarily on comfort in the final months of life.